

Chicken Teriyaki *Lunch Day 9*

Preheat oven to 325 degrees F.

Baking time 2 hours

Ingredients:

3 cups soy sauce
3 cups water
4 cups white sugar
4 cups (2 lbs.) brown sugar
3 tablespoons ginger
40 - 50 pieces of chicken (thighs and or drumsticks)

Instructions:

1. Mix together soy sauce, water and ginger.
2. Add sugars and stir together.
3. Place chicken in a large shallow pan.
4. Pour marinade over chicken.
5. Chill over night in refrigerator.
6. Bake chicken at 325 degrees F, turning chicken after 1 hour.
7. Bake for second hour.

Makes 20 - 25 servings using 1 thigh and 1 drumstick

Each serving is 3 ounces of meat and 21 grams of protein.

Serve with rice.

Grated Carrot, Pineapple & Raisin Salad *SUPPER Day 9*

Ingredients:

1 #2 size can (20 ounces) crushed pineapple
4 cups shredded carrots
1 cup raisins
¾ cup mayonnaise or plain low fat yogurt

Instructions:

1. Drain Pineapple.
2. Plump raisins by dropping into boiling water and letting raisins sit for 3 or so minutes. Drain.
3. Mix pineapple, shredded carrots and raisins together.
4. Add mayonnaise or plain low fat yogurt to moisten mixture.
5. Cover and chilled
6. Dish up.

Makes 12-1½ cup servings

Day 9 (continued)

Lemon Bars SUPPER Day 9

Preheat oven to 350 degrees F.

Ingredients:

- 1 box one step angel food cake mix
- 1 (15.75 ounce) can of Wilderness Lemon Pie Filling

Instructions:

1. Mix angel food cake and lemon pie filling together.
- 2. Do not add water!**
3. Bake in oven at 350 degrees F. for 30 - 35 minutes in a 13" X 9" pan. Cool and cut into squares for serving.

Makes 10 - 14 servings